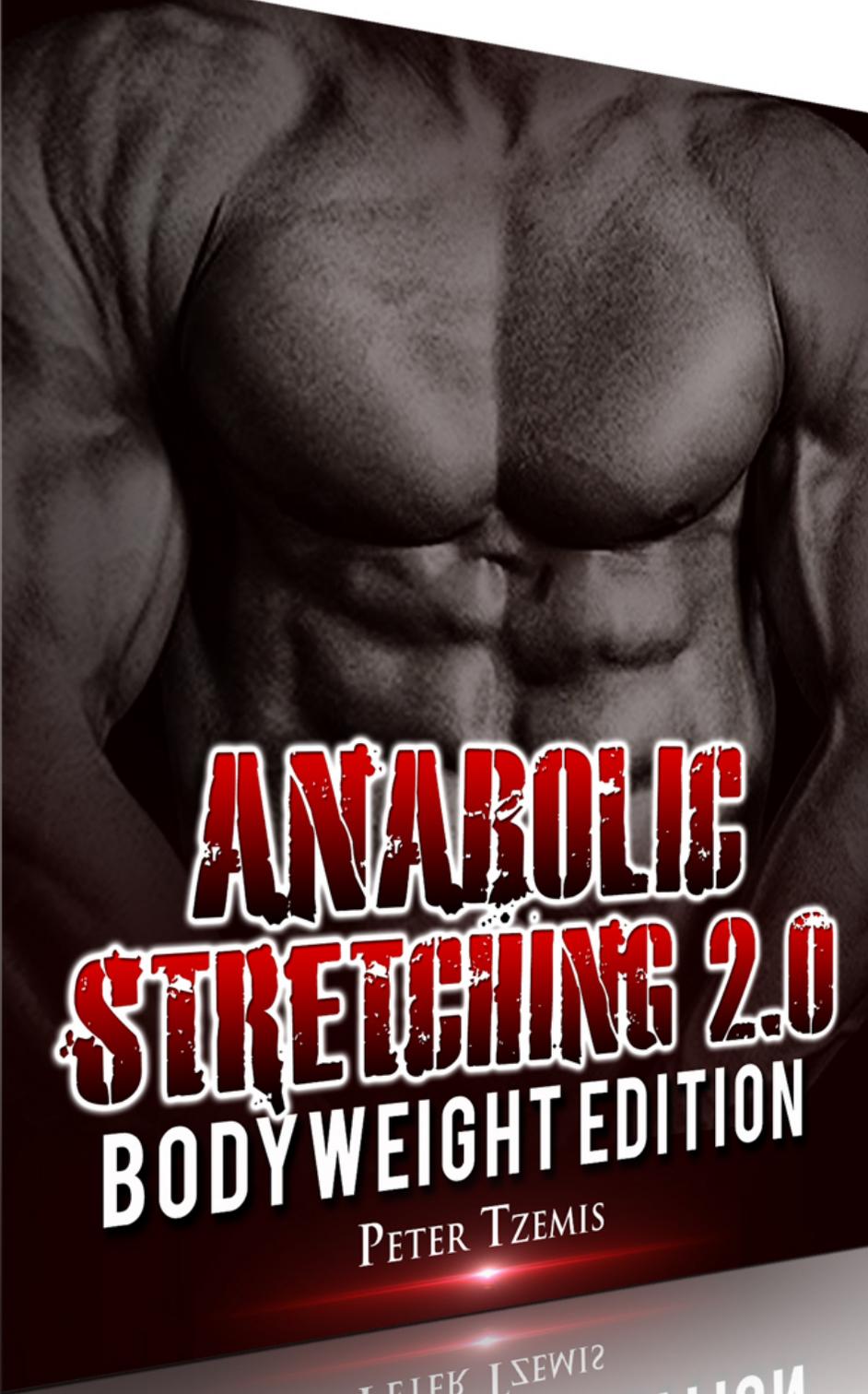


ANABOLIC STRETCHING 2.0



**ANABOLIC
STRETCHING 2.0**
BODYWEIGHT EDITION

PETER TZEMIS

ПЕТЕК ТЗЕМИС

BODYWEIGHT EDITION

0.5

STRETCHING 2.0

BODYWEIGHT ANABOLIC STRETCHING

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Chapter 1

Why The Bodyweight Version?

As you most certainly already know, the life changing piece you are reading is a bodyweight edition of a previously existing program. Anabolic Stretching Bodyweight Edition, as the title implies, is an add-on to the program Anabolic Stretching.

Anabolic Stretching is one of the most comprehensive muscle building systems available—but, of course, it requires that you have either a gym at your disposal, or at the very least some equipment you can use. Like the original Anabolic Stretching, this program takes you past whatever barriers have formerly stopped your muscle building efforts— however, the Bodyweight Edition requires almost NO equipment (or equipment that you could find in your house).

As you may have guessed, ASBW was originally intended as an add-on to the original AS—extra workouts that could be done if someone couldn't make it to the gym, if they were traveling, or if they simply liked bodyweight training better.

That approach worked (and works) very well; the Anabolic Stretching Bodyweight Edition workouts can be paired effectively with and/or used in conjunction with the workouts from Anabolic Stretching.

However, Anabolic Stretching Bodyweight Edition is now so much more than that. Bodyweight training is such a valuable tool to so many people that we immediately realized that, with a little work, we could make it a complete and comprehensive program—one which has great benefit on it's own.

Ultimately, Anabolic Stretching Bodyweight Edition is absolutely fine to use as either a stand-alone training program OR alongside other training programs.

Because it is assumed that not every person reading this manual has already read Anabolic Stretching, and because we want to make the program as effective as possible for everyone reading this, we have included a significant portion of the text from the original program. If you've read Anabolic Stretching, most of the information presented here will be familiar to you.

If you do not have that program, we highly suggested that you pick it up— which you can do for a significant discount at this link:

[Anabolic Stretching - ASBW discount](#)

Using the information contained in this book, we are going to take you to your own final frontier: a place you've never been before. That is explosive muscle building, and—

using only bodyweight exercises—that is exactly what Anabolic Stretching Bodyweight Edition was written to do.

I won't lie and say it's going to be easy. In fact, it'll be just the opposite. Anabolic Stretching Bodyweight Edition is one of the most challenging training programs around. However, it's also the most effective.

And because you're using your own bodyweight, the program is extremely scalable; if you need to tone down the workouts at first, all of the components allow you to do that.

Putting whatever personal bias we have as the authors aside, we're being completely blunt about the fact that if you're willing to put in the work, you'll see results you never thought possible.

So get ready.

Chapter 2

Mastering Your Mind

Arnold was on to something when he claimed that resistance training was more than just lifting a weight from point A to point B.

Ever feel your biceps or shoulders during a chin up? This is a classic case of poor mind-muscle connection and poor muscle fibre recruitment in target muscles. While it may sound like pseudoscience, research shows that the mind-muscle connection can significantly improve muscle recruitment and as a result muscle building.

You psychological prowess will determine how much horsepower you can get out of the body you already built.

It strikes me as weird that so little time is devoted to the psychology of lifting, when it may be the biggest weapon in your arsenal once you've past the beginner stage of muscle building. Even in that stage, your mind plays an irreplaceable role in build a badass body. Psychological skills demand more attention.

This is why this chapter is written.

With bodyweight stretching, the weight is obviously much lower than if you were to use dumbbell's. As a result we need something to help mimic the feeling of dumbbells without actually using them.

This is where a technique called Intentions come in.

'Intensions' are an advanced training technique which have been picked up and popularized by IFBB professional bodybuilder, Ben Pakulski (side note - we graduated from the same university). These are a book in themselves in all honesty, as their impact can fundamentally change the way you lift weights, the amount of weight you lift and the 'feel' that you get from each exercise.

Below is a quick outline to the training concept, but I recommend that you do some wider reading around the subject, and watch ben's YouTube videos to illustrate further.

The concept is born out of the feeling in your muscle as you train it. Many people actually feel the exercise better on their warm up sets, as opposed to their heavier working sets. When hoisting the heavier iron – and most people go far too heavy when they train – you’re activating a raft of stabilizer muscles.

Your body is also forced to utilise adjacent muscle groups to shift the weight, which dilutes the tension on the target muscle. This is fine for a PowerLifter, but if body composition and muscle gains are what you’re seeking, it’s a step in the wrong direction. Intensions help fix that, by letting your force the tension into the target muscle.

This is especially true when executing stretches.

Loaded stretches are so stressful to the body because of their position in the exercises range of motion that a lot of force can get dissipated through nearby muscle groups and through your joints, if you don’t utilise intensions. So we need to work on ensuring that our target muscle received the full stimulation potential from each stretch – rather than the tension being placed where our body might rather it goes.

This is all part of the human body’s self-preservation and protection systems. The body is able to shift tension around to protect itself, and by ensuring that the real tension on the muscle is limited, the body is able to prevent or at least minimize muscle damage. Considering growth is a response to damage, this is a serious limiting factor on your ability to build size.

Now when it comes to exercise ‘feel’, something so important yet so negated by most trainers, it’s actually much less of a problem with stretch overload. Anybody who has performed a set of stretch overload dumbbell flies will tell you about the agony that a basic single joint exercise can cause when performed this way.

So in some ways this technique is one to use for your regular reps, but it still has enormous value in creating tension in the stretch position. Moving from a ‘regular’ stretch to one with intensions will make a massive difference to the exercise feel and the growth you stimulate.

The key point behind intensions is that it isn’t the weight that you’re lifting that really matters to muscle growth. Your body probably can’t tell how heavy a weight actually is, it instead works to the currency of tension. So we can utilise lighter weights to the same or more benefit as much heavier weights.

So how do intensions work?

Let’s take a barbell bench press. As you grip the bar, try exerting some inward pressure. Pretend that there’s a crumple zone in the middle of the bar, which you need to squeeze

to crumple it. Do this throughout the rep, with a particular focus on the turnaround points and the negative stroke of the exercise. You'll need to seriously reduce the weight that you use, but the enhanced feeling alone will tell you that you have stimulated your muscle like never before.

This technique works for your back (but instead of pushing inwards, you instead pull outwards on the bar) and legs (pushing outwards whilst squatting helps push the tension onto your quad sweep). There are advanced techniques around intensions, but these are a subject for another day. In the meantime, I suggest you check out Ben Pakulski's materials, especially his videos to learn more

Chapter 3

The Problem With Traditional Stretching

The main problem with conventional stretching programs is that they often work against your body's physiology rather than with it.

If you take a tight, cold muscle and expose it to prolonged "standard" stretching, you could incur scar tissue and micro-tearing, which could then lead to muscle weakness, inflexibility, and injury. Obviously that's not what we want.

My goal for you is to supercharge your muscle and bulletproof your body. Getting injured is one of the worst experiences. You feel helpless. And you can't help but watch your body wither into a raisin.

To avoid this, here are five more red signs you need to watch out for.

1. Information Overload

Is it good? Bad? 30-second stretches vs. 120s stretches. Too much information can put a damper on progress as well as simple execution. And execution is the name of the game.

2. Thinking you need access to high end techniques to get the benefits

Some of us, myself included, simply don't have the resources to engage in some of the futuristic recovery techniques. As a result many people simply give up on recovery techniques. This is wrong. There are many plebeian methods available to the public - anabolic stretching is one of them.

Don't delude yourself into thinking you need to be in cryogenic tanks and have physiotherapists work on you daily. You don't.

3. Stretching makes you weaker especially pre workout

Many professionals have prescribed stretching before exercise as a form of warm up. This is wrong.

A study published in The Journal of Strength and Conditioning Research concluded that if you stretch before you lift weights, you could find yourself weaker and "off balanced" in your workouts. Not something we want when hoisting hundreds of pounds of metal.

4. Standard stretching is focused on flexibility instead of mobility

Let's get one thing straight; flexibility does not equal mobility. Many people are flexible are very weak. The opposite is also true; many people who are strong are extremely

stiff. Both scenarios are recipes for disaster. We don't want to be weak, but being strong and stiff is a muscle tear waiting to happen.

Furthermore, if we're frank, your body is broken. Years of improper weight training and a lack of proper stretching combined with years of sedentary living have caused your body to become extremely rigid. Specifically, the fascia that is the connective tissue can become "hardened" after the prolonged sedentary behavior. This ages the body, limits/decreases muscle mass and skyrockets the likelihood of injury.

Thankfully anabolic stretching can fix all of this and help the body reset itself. This is not your gentle, relaxing yoga kind of stretching. Rather, anabolic stretching challenges your body to build both flexibility and strength in the positions you need it most.

By progressively adding weight to your stretches in a proper pattern, you will be building strength into your flexibility and forcing the body to adapt.

5. Improper technique teachings

Like many things in life, stretching done improperly can have created serious health problems. Ripped muscles, poor health, immobility, joint problems and tendon/ligament tears are just a few. Make sure you have a good, go-to-manual designed FOR MEN.

Chapter 4

The Big Picture

If we're completely honest, stretching is about as much fun as visiting a drunk dentist in a third world country. However, unlike visiting that dentist, it's a necessary component for everyone trying to look, feel and perform their best in and out of the gym.

However, it's often ignored and brushed off by many as something that's just not important. Who has time to sit there and relax? You could be hitting supersets of bicep curls while balancing on a Bosu ball with one leg instead.

One thing you probably didn't realize is that stretching, specifically anabolic stretching, can dramatically speed up muscle growth, strength, and recovery. In this article, I'm going to outline the main problem with "traditional" stretching and eight ways anabolic stretching can bring your body to the next level.

Instead, the ideal time to stretch for overall health, performance and increasing muscle mass is right after your workout. At this point, the connective tissues are already being stretched from the blood volume in the muscles. By manually stretching the muscles post workout, you get a double whammy effect; dramatically increasing the muscle fibers growth potential. And if you include some anabolic stretching, your results will 10x. Here are 8 More reasons to stretch:

1. It flips the muscle building switch to ON

Anabolic stretching activates mTOR. The more mTOR is activated, the greater protein synthesis will be.

2. It creates an occlusion effect.

Anabolic stretching lasting 45+ seconds will create an oxygen deprived environment in the stretched muscle. As a result, lactate will build up initiating the release of super anabolic, IGF-1 inside the muscle. The more IGF-1 released, the more killer muscle you'll build.

3. It increases IGF-1 sensitivity.

More IGF-1 is not better if your body isn't responding well to it. By following anabolic stretching protocols, you will increase the sensitivity of the IGF-1 receptors dramatically; making the anabolic response even greater.

4. It causes intramuscular hyperthermia

After you release the anabolic stretch, there will be a surge of blood flow into the muscles. This phenomenon is known as intramuscular hyperthermia. If your blood contains adequate nutrients via proper post, peri, and pre-workout nutrition, you'll dramatically increase the facilitation of muscle recovery and growth.

5. It fatigues the muscles, stimulating more growth and power.

Since you're using the muscles to perform the anabolic stretch, you'll start to fatigue them from the intensity of the stretch. Fatiguing a muscle is a direct precursor to stimulating muscle growth.

6. Anabolic stretching transfers over to your workout.

Flexibility does not equal mobility. Many strong athletes are rigid, and many flexible users are weak. With anabolic stretching, you'll be building strength while becoming more flexible.

Furthermore, unlike standard stretching, you'll not only improve the parallel elastic component (PEC) of the muscle, but also the series elastic components (SEC). AS improves dynamic mobility and are much more transferable to movement performance.

7. Anabolic stretching bulletproofs your muscles from tearing

Tears and pulls happen when a muscle is violently stretched. Following AS protocols will help prepare the muscle to deal with something like this, making it almost bulletproof to injury.

8. AS strengthens your tendons

The majority of lifters hit a plateau and can't get stronger because their tendons are weak. AS techniques strengthen tendons to overcome this problem.

Get it straight. The actual time commitment to doing these anabolic stretches is minimal - 5-10 minutes at most following a weight training session.

Grab some light weights and hold the stretch for 30-60s to unleash a flood of anabolic hormones. My favorite is the anabolic pec fly stretch.

It's a surefire way to force the body to supercharge your muscle gaining potential, double recovery and see noticeable improvements in your muscle fullness and separation within the next 6-8 weeks.

Yeah, it's still going hurt, but this time you'll have a ton of extra head turning muscle to show for it!

The Big Idea

The idea is to use your bodyweight (just like olympic gymnasts and yoga masters) as weight in the fully stretched position of an exercise for anywhere from 30 to 90 seconds. An example would be holding a pushup in the bottom position to target the chest.

Chapter 5

The Science Behind BW Anabolic Stretching

Yoga is a unique practice. It can not only improve flexibility and mobility but can also reduce stress, prevent and treat injury, while improving respiration and overall body composition.

But that's common knowledge.

Add a little creativity, and you can turn yoga into BW anabolic stretching: a practice that boosts testosterone and muscle with simple bodyweight work in just 15-20 minutes

I first learned about the effects of testosterone in a fantastic book I read called The Science of Yoga by William J Broad.

In a 2001 Russian experiment, the researchers determined that cortisol levels dropped in the volunteers by an average of 11% after holding a simple bodyweight stretch for just 2-3 minutes.

More interestingly, the researchers found that testosterone levels increased in the volunteers by an average of 16%, with one male subject experiencing a 33% increase. The lone female in the study experienced a whopping 55% increase in her testosterone levels.

Pretty freaking awesome, if you ask me.

Furthermore in the 1970's Indian scientists conducted a study on a dozen young men who underwent yoga training for six months. The scientists took urine samples from the subjects both at the beginning and at the end of the training program.

After six months testosterone was permanently increased by 57%!

This was because the advanced anabolic stretching techniques improved the microcirculation of the blood through the men's organs forcing more testosterone and GH into the bloodstream.

It might seem a bit counterintuitive that gentle stretching, deep breathing, and meditation can have any effect on testosterone production.

After all, Testosterone fuels aggression and sex drive.

The only way to know for sure is to try it and feel the raw power yourself. Seven days of this and I guarantee you'll be hooked.

Right now we are going to do an overview of each pose and then give you the simple routine in a chart to follow.

Chapter 6

The Bodyweight Anabolic Stretching Program

In the original anabolic stretching program we used weights for our loaded stretches.

The problem I found, was that people didn't always have access to weights. Whether it was because of no gym membership, traveling or because their home gym wasn't properly equipped to handle this kind of training, dozens and dozens of emails kept flooding my inbox for bodyweight anabolic stretches.

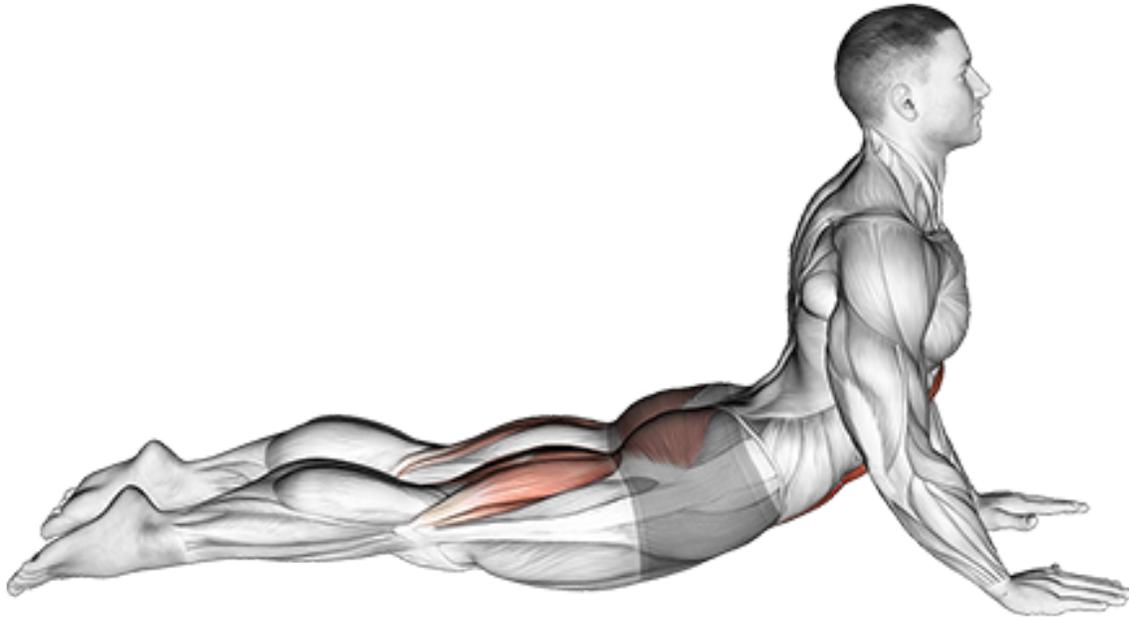
Now, we can replicate almost of the stretches with ZERO equipment.

So without further or do let's jump right into the stretches.

How To Perform The AS BW Stretches

1. Follow the exercise recommendations
2. Go Slow and steady as you relax deep into the position
3. Flex the stretched muscle hard as you get into the stretch and hold
4. Start at the beginner time then move up to the advanced time slowly

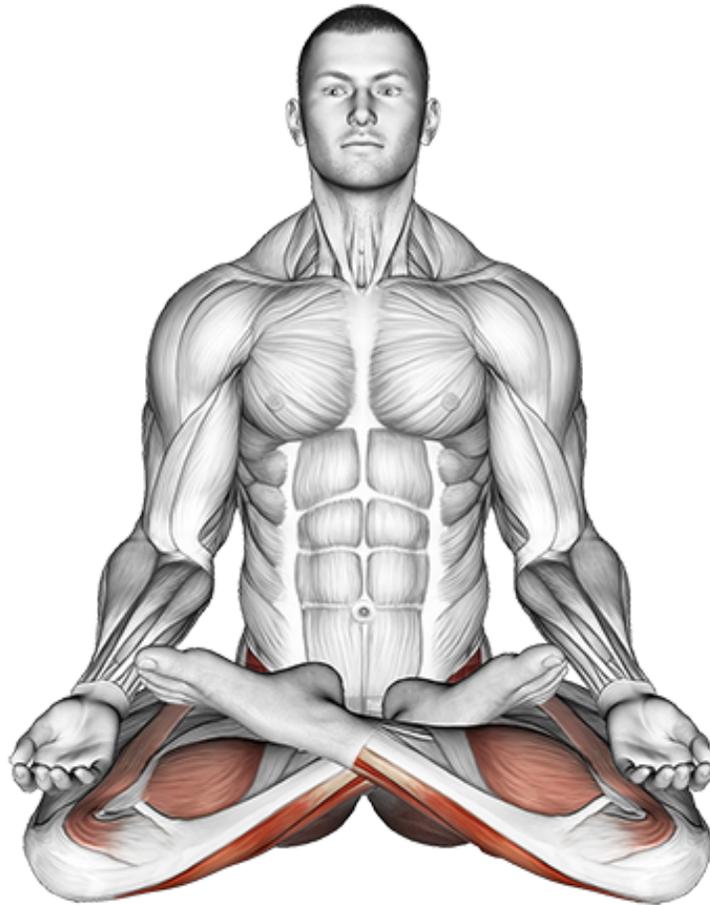
AS BW Stretch 1 - The Cobra



The cobra pose is perfect for bulletproofing the spine, firming the buttocks, and opening the heart and lungs. This pose is also ideal to boost testosterone production as far as research is concerned.

A study that was published in Human Physiology found was that this stretch held of lowered cortisol levels and caused a 16% increase in testosterone.

AS BW Stretch 2 - The full lotus



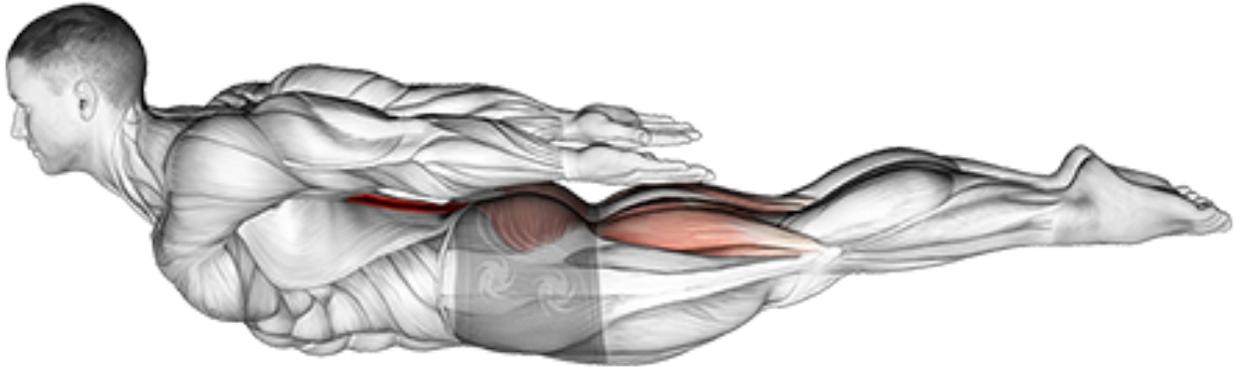
This yoga stretch is best for meditation, but it also helps opens the hips and flexes the joints. Start with the butterfly pose and then work your way up to doing the full lotus.

AS BW Stretch 3 - The Plow pose



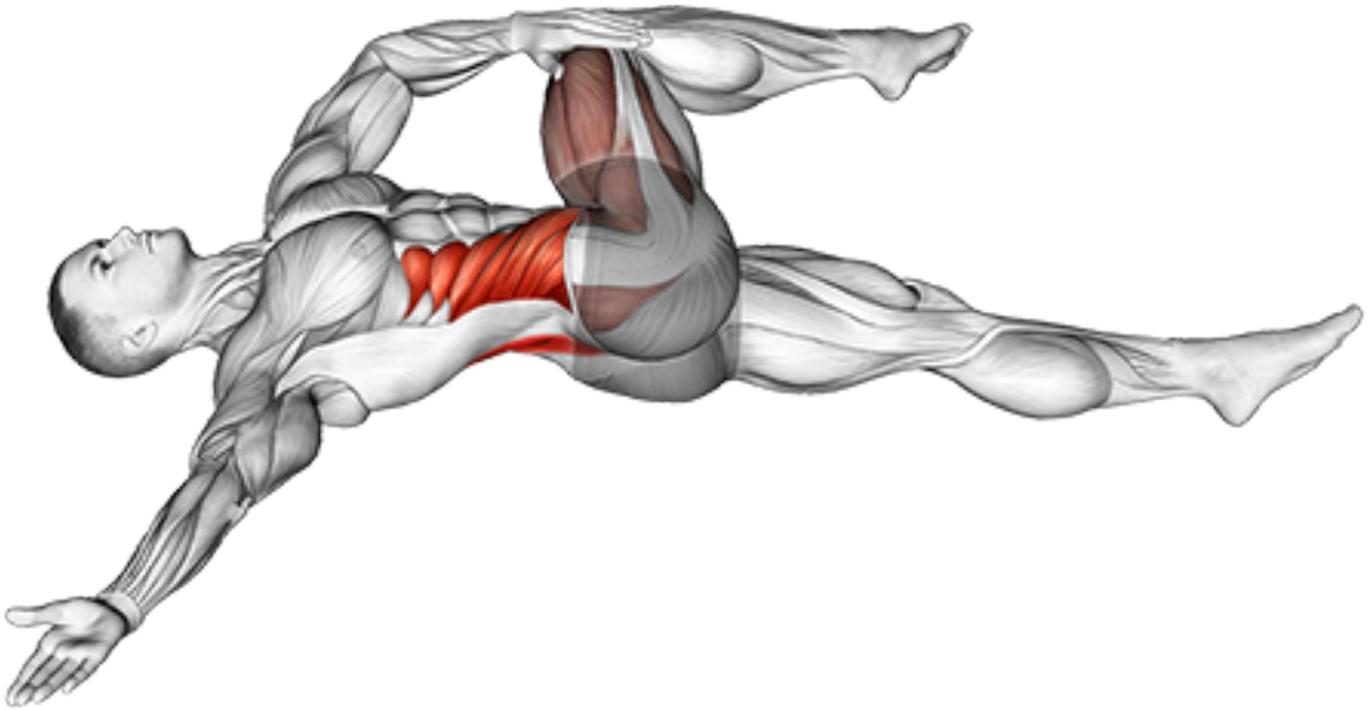
This one you'll need to get the hang of. It's best for boosting mood, energy levels, and calmness. As a result, this decreases cortisol and increases testosterone and balances hormones. However, if you have neck problems, you may want to skip this pose as it does put a bit of a strain on the neck.

AS BW Stretch 4 - The locust pose



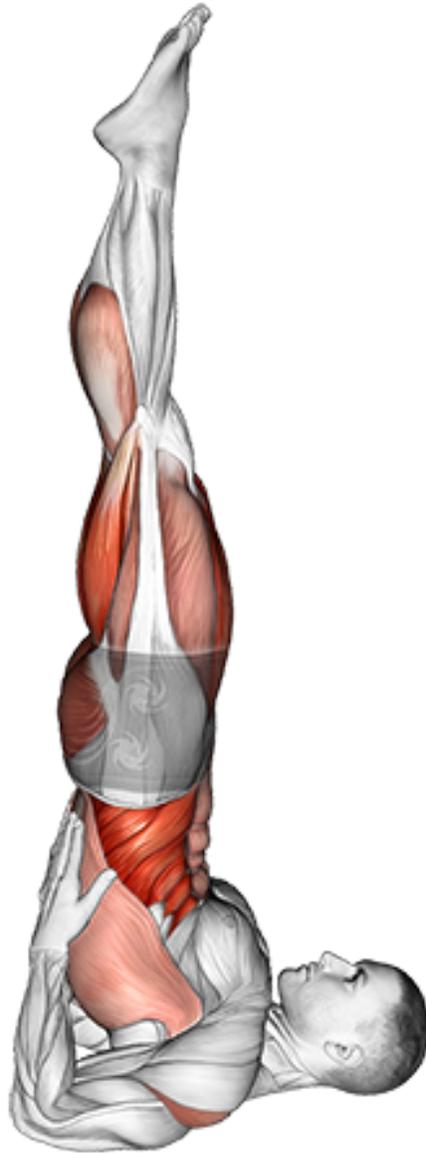
Although this pose appears simple, it does require quite a bit of core strength and shoulder flexibility. Those with severe back and neck problems should be cautious about doing this pose. That being said, The Locust pose has a positive effect on prostate health (an important organ for male reproductive health)

AS BW Stretch 5 - Supine spinal twist



This pose is known to relieve stress and stimulate internal and endocrine organs while complimenting all the front and back poses. This pose can boost testosterone production directly by stimulating endocrine organs or by simply relieving stress.

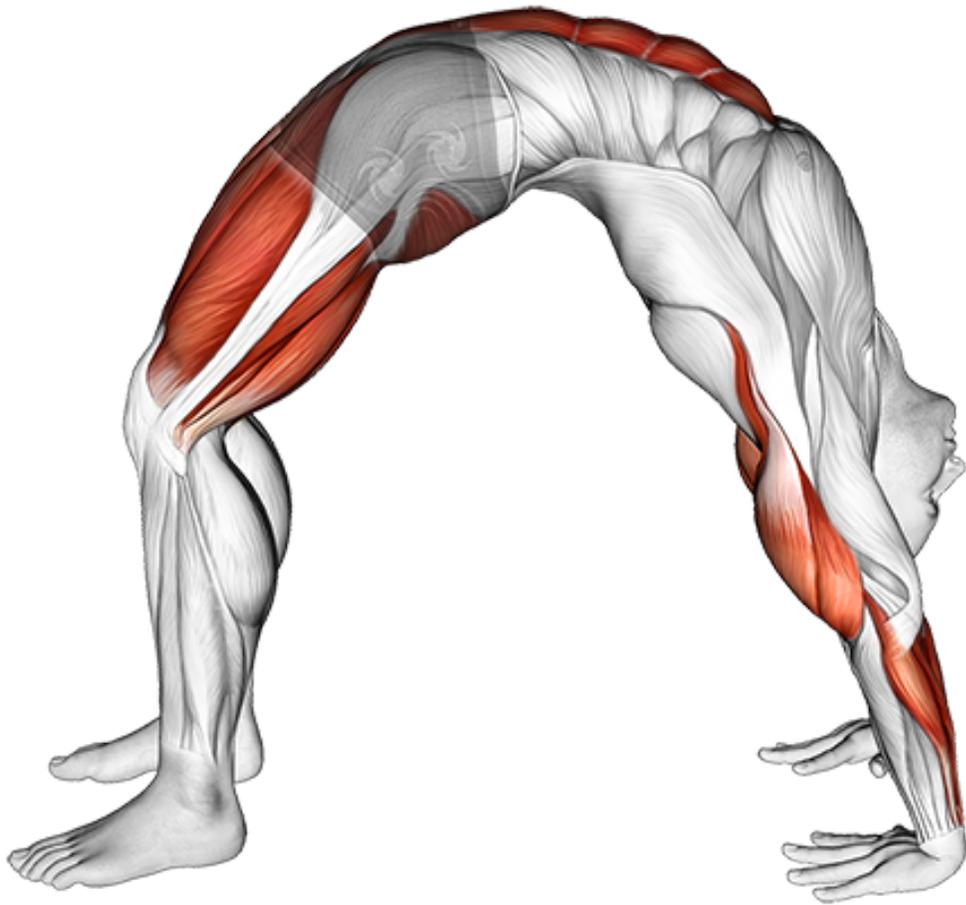
AS BW Stretch 6 - Shoulder stand



While appearing awkward, it's not. The shoulder stand, because of its upside down nature, allows for enhanced blood circulation to places that may not always get enough blood flow (due to gravity.)

Note: If you have neck problems, simply hold a blanket or pillow underneath your shoulders while attempting this pose.

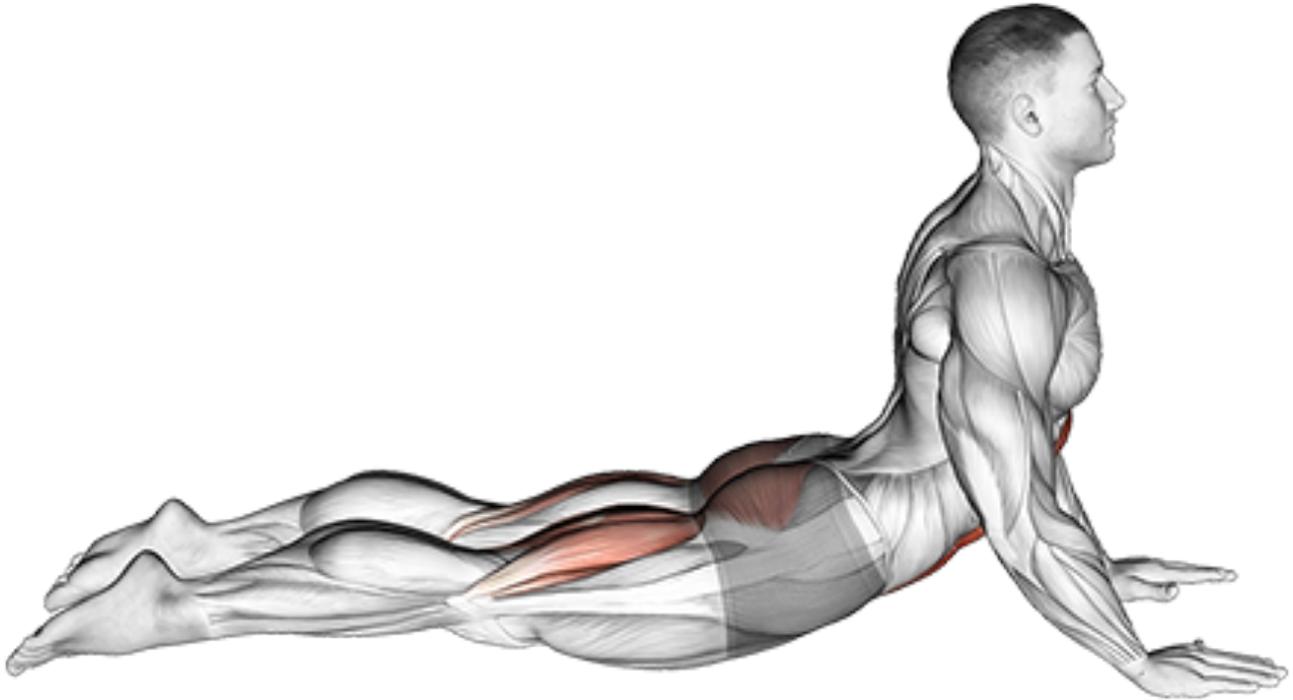
AS BW Stretch 7 - Wheel Pose



This may be one of the most difficult poses listed here, and it takes the time to get the hang of it. The wheel pose stimulates reproductive organs and boosts energy levels. If you are a yoga beginner, you may not yet be flexible enough for this pose as the pose does require quite a bit of flexing to get it right.

But flexibility does come with consistency and regular practice so, with time, you'll surely master this pose for a testosterone boost.

AS BW Stretch 8 - The Bow



Similar to the Cobra, this pose is so called because it looks like an archer's bow, the torso and legs representing the body of the bow, and the arms the string.

Anabolic Stretching Bodyweight Routine

Stretch	Beginner hold time	Intermediate hold time	Advanced hold time
Cobra	1 min	2-3 min	4-5 min
Bow	1 min	2-3 min	4-5 min
Full lotus	1 min	2-3 min	4-5 min
Plow	1 min	2-3 min	4-5 min
Locust	1 min	2-3 min	4-5 min
Supine Spinal Twist	1 min	2-3 min	4-5 min
Shoulder Stand	1 min	2-3 min	4-5 min
Wheel pose	1 min	2-3 min	4-5 min

Notes: perform this routine 3-4x a week (up to 7.) Move seamlessly between movements. If one is too hard, skip it. Work your flexibility until you can hold a position properly. Within a few weeks you should be able to perform each and every single one.

Chapter 7

Final thoughts

Success takes time. And in a 24/7, immediate gratification world, time is something we no longer take at face value. Rather than rushing to get to the end of the journey, stop. Smell the roses and enjoy the journey. One word will help you achieve all of life's endeavours.

Patience.

If the pursuit of excellence and happiness were easy, everyone would do it.

Impatience is the reason we are in awe of men who walk around looking like a statue of a greek god. Without impatience, everyone would be shredded and the goal would be no longer worth achieving.

With Anabolic Priming, you will not wake up looking like hulk the next morning. When you decide to undergo this transformation, stick to it. Do not comprise. Do not retreat and above all else do not give up. Ever.

Long term results, require long term commitment. Wake up, take action all day and go to sleep. Then do it again and again. If you bump, press on.

Do not waddle. Do not dwell and do not beat yourself up.

Accept it, learn form them and move on.

Throw out the time line. It takes, however long it takes. Your commitment to achieving is what will separate you from everyone else.

When I first started working out, I couldn't do a single chin up. I remember watching the P90x video of Tony Horton in awe as he banged them out. Today, I can do them with 90 lbs attached.

Last but not least, break down your massive goal into steps.

Small wins feed the soul and will help push you through when times are tough. With my chin ups, I focused on doing one, then two then eventually 10. After that I moved on to attaching just 10 pounds to my bodyweight, moving eventually to a 40 pound vest and now to two 45 pound plates attached.

One of my favourite quotes is this:

“Give a man a fish and he will eat for a day. Teach a man to fish and he will eat for a lifetime.”

I am sure you have heard this saying, and it is overused, but this is my philosophy when it comes to teaching and training. The next thing to do now is go out and take massive elite action daily.

Start with the beginner program and work your way up to the advanced program.

1 week from now comeback and reread this blueprint a second time.

This time really deep dive and take notes. This will help you internalize all the training and success principles found in this book.

What to do after

Where do all my ambitious, badass students go after AP? Well there are a few options:

1. First they start with the Anabolic Priming Overdrive Program. This is the next level if you are ready for a challenge and want to take your physique to new heights.
2. They use the Badass Body Blueprint to go along side the AP program.
3. They use the Anabolic Sleep Solution to supercharge their life
4. The dial in their post workout recovery and muscle development with Anabolic Stretching

Now, sometimes people want more. Sometimes, having a program like this isn't enough. If that's YOU, then I'd invite you to join the Anabolic Academy.

This is a 12 month complete transformation program designed to provide cutting edge training, developmental materials and one-of-a-kind opportunities, to an exclusive global brotherhood of likeminded badasses focused on one thing: Becoming the best version of themselves in fitness and in life.

Join The Anabolic Academy.

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!

I'm going back to the gym to "carve the diamond"...



To Fitness, Fortune And Freedom,

Peter Tzemis,

petertzemis.com

"Two roads diverged in a wood and I, I took the one less travelled. And that has made all the difference" - Robert Frost

